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# Southern living: Type 2 Diabetes

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## Exercise

*Whether you are fighting the heat of the summer sun or the humidity of the South, it is important to stick with an exercise plan all 365 days. This will help keep your body healthy and your diabetes under control.*

## Tips!

Ride a bike in the summer instead of running. This is an option that will keep you both cool and active!

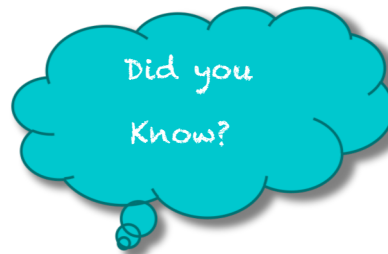
If you work in an office building try taking the stairs.

Walking on the stunning beaches of the Gulf Coast counts as exercise. Grab a friend and go!

When exercising, wear comfy shoes. Avoid walking barefoot and check your feet for any sign of blisters, cuts, redness, or swelling. Tell your doctor if this should occur.

Whether you like to jog, walk, swim, or bike, pick an activity that YOU enjoy and stick with it! Set small goals each week and reward yourself for reaching them.

Important: You risk water loss on hot days and during times when your blood sugar gets too high. Make sure to drink plenty of water and avoid sodas and alcohol when you can!



*1 in 4 people have type 2 diabetes but do not know it*

## References

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Quiz Answers: D, B, D



THE UNIVERSITY OF  
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COLLEGE OF NURSING

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# SOUTHERN LIVING— WITH TYPE 2 DIABETES

*Patient Education on  
Planning and Managing Your  
Southern Lifestyle*



## Healthy Alternatives

The South is known for deep-frying, salting, and buttering most foods. Here is a list of some diabetes-friendly alternatives to a few favorite southern cuisines.

Scrambled eggs → Use egg whites

Grits → Oatmeal with fresh fruit

Collard greens → Spinach leaf salad

🍏 Pay attention to portion size. (You can still eat your favorite foods, just in smaller portions)

🍏 Substitute wheat bread for white bread.

🍏 Limit use of salad dressings and condiments. (Ketchup, mayonnaise, ranch)



## Support

To manage type 2 diabetes, you need support. There are many outlets present to help you along the way.

- Doctor
- Dietician
- Nurse
- Pharmacist
- Friends and loved ones

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*Diabetes is manageable. Get the most out of your life.*

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## Self-Management Skills

### Taking medicine

Taking pills by mouth is an option for the treatment of type 2 diabetes. Discuss this option with your doctor. Be sure to ask about any side effects the pills could cause.

### Checking blood sugar

This is the best tool you have. Blood sugar levels help you know whether your food choices and pills are working to keep your blood sugar within a healthy range. Learn when to check to get the best feedback.



## QUIZ!

1. Which of these actions counts as exercise?
  - a. Swimming
  - b. Walking
  - c. Taking the stairs
  - d. All of the above
2. What would be a healthy option in place of grits?
  - a. Biscuits and gravy
  - b. Oatmeal with fresh fruit
  - c. Pancakes with syrup
  - d. Lucky Charms cereal
3. Who is one person that you can contact to help you manage type 2 diabetes?
  - a. School teacher
  - b. Mailman
  - c. Dentist
  - d. Pharmacist

\*Answers found under the references

